

# EMDR T.I.C.E.S. Record

The processing we have done today may continue after the session. You may or may not notice new insights, thoughts, memories, or dreams. If you do, just notice what you are experiencing. Take a snapshot of it (what you are seeing, feeling, thinking, and the trigger) and keep a log. We can work on this new material next time. If you feel it is necessary, call me.

Name: \_\_\_\_\_

<b>Date/ time</b>	<b>Trigger</b>	<b>Image</b>	<b>Cognitions % belief</b>	<b>Emotion % severity</b>	<b>Sensation % severity</b>	<b>Behaviour</b>
9:00am 10.10.13	At work – boss talking to me	Of my old boss bullying me	I'm incompetent 80%, I'll get fired if they notice 70%	Anxiety 80%, anger at my new boss 90%.	Trembling in legs, 30% heart pounding 50%	I walked out leaving the boss talking.

If you find it difficult to manage please access the skills that we have worked on in session – a reminder of these can be seen overleaf.  
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## Managing difficulties between sessions

These techniques below are useful for clients who have difficulty handling distress between sessions, they can, however, slow down processing and I would suggest that you attempt visualizing the issues as though you are on a train and the images/thoughts/feelings are happening as part of the scenery. I would also encourage you to access your “safe/grounded’ place we developed in session. If this does not help then attempt the strategies below – please feel free to ring me if you need it.

### **The Container**

I want you to bring some sort of secure container to your mind’s eye, perhaps in this room, or in another secure place. This container will be strong enough to hold all this disturbing stuff – the memories, images, thoughts, physical sensations, sounds, smells, emotions.

What would this container have to be like in order to securely hold your distress? (e.g. a safe, office drawer, shipping container, crate,) Can you describe it to me? What is it? What colour is it? How big is it? What does it look like? What is it made of? What makes it safe and secure?

Now imagine taking the distressing images and putting them inside or sending them to the container, then shut the door.

Now take the distressing thoughts..... (then go through sounds, physical sensations, smells, emotions, thoughts).

Anything else that needs to go in there?

Now shut the door securely. How do we make the door more secure? OK, can you do that now? Is it secure now? Is there anything else you need to do to make it more secure?

How does this feel now?

Shall we leave this container in the room here, or is there a different secure place where we can leave this container?

During the week (or until next time), if anything disturbing comes up, just imagine sending it here (there) and putting it all in this container.

### **Alternatively: Close the Book**

Imagine putting everything on the pages of a book. Now close the book and put it away...

### **Burn a DVD** (especially for distressing video images)

Imagine burning those distressing memories or images onto a blank DVD. OK, have you done that? Now imagine putting the DVD in a case, in a secure place... (adapted from “get self help”)